



## Sleeping Giant Loppet 2012

It's hard to believe that this year was the 35th running of the Sleeping Giant Loppet (aka Sibley Ski Race) and that the LARC has been volunteering at every one of them. Although the park has its own internal radio system, we proved again that experienced radio operators with their own equipment can and do make a difference. We were able to provide assistance to a couple of skiers that were suffering from the cold and high winds. Just as important, it provides us with another training opportunity. Kudos to all the volunteers from the LARC

VE3ICY Glen Wallace, VA3MVR Mark Vaillant, VE3RVA Bob Hansen, VE3FAL Fred Lesnick, Matthew Lesnick, VA3LHA Harvey Larabee, VA3OJ Randy Gottfred, VE3RRP Karl Hamilton, VA3MOB Maureen Meredith, Mariah Meredith, VA3TBA Chris Chadwick, VE3FLB Rob van Wyck, Bettina Siebenmann, VE3JTD Jeff Cederwall, VE3XRC Norm Bell, VE3XLB Linda Bell, VE3SNW Ed Baumann, and VA3LU Terry Stewardson.

We would like to also send our appreciation to all the other groups and volunteers that come out and support this event.

Special thanks to Norm VE3XRC who organizes our end of things...and he is the guy to see if you want to join us next year.



Skiers getting ready



The gang of volunteers at check point 4



VA3LU taking calls at Net Control



Fuelling up at checkpoint 4

**LARC SENATE**

Keith Fiske VE3JQ  
Pat Doherty VE3PD  
Dave Kimpton VE3AVS  
Laurie Bridgett VE3BCD  
Terry Stewardson VA3LU  
Ed Baumann VE3SNW

**LARC EXECUTIVE**

**President:**

Randy Gottfred VA3OJ

**Vice President**

Joe Coghlan VE3TBX

**Treasurer**

Paul Curtin VA3PDC

**Secretary**

Jeff Cederwall VE3JTD

**Directors**

Lori Bedford VE3VAI

Bill Unger VE3XT

Bob Hanson VE3RVA

Mark Vaillant VA3MVR

**LARC Emergency Coordinator**

Brad Harris VE3MXJ 767-0628

**ARES District Emergency**

**Coordinator**

VE3FAL Fred Lesnick 577-0789

**CANWARN**

VA3JMS John 767-3631

VE3MXJ Brad 767-0628

**Public Service Events**

VA3JMS John 767-3631

**Accredited Examiners**

VE3FAL Fred Lesnick 577-0789

flesnick@tbaytel.net

VE3VAI Lori Bedford 622 – 6386

ve3vai@tbaytel.net

**ABOUT US**

The Lakehead Amateur Radio Club (LARC) is an incorporated not for profit group of amateur radio operators in the Thunder Bay area that meet for self education, community service and fellowship. Our meetings are the second Thursday of the month at room 191 McIntyre Building, Confederation College, 7:30 PM. Our postal address is 1100C Memorial Ave. Suite 184, Thunder Bay, Ontario P7B 4A3. This newsletter is published monthly except for July and August by Ed Baumann VE3SNW and questions and submissions may be emailed to [ve3snw@shaw.ca](mailto:ve3snw@shaw.ca)

**Nets in the Thunder Bay Area**

**Sunday** AMETHYST ARES VHF NET, on VE3TBR 146.820- pl 107.2 IRLP Ref. # 9031 @ 0045Z (7:45 pm), also Cook County ARES Response Team ( CARRT) net at 0100Z (8 pm) on the BWARC repeater, Grand Portage repeater - 146.655 with CTCSS 151.4

**Monday** SATERN NET on VE3TBR 146.820- pl 107.2 IRLP Ref. # 9032

SATERN DIGITAL NETS on **Monday & Wednesday** nights

8 pm- 14.065

9 pm- 7.065

10 pm- 3.5835

Mode :Olivia 8/500 1000Hz waterfall centre

**Tuesday** 2M/ LARC ARES NET on VE3YQT 147.060- @ 7:00PM ET, and after this net is the new THUNDER BAY ARES DIGITAL NET on PSK31 between 1000 & 2000 WATERFALL 145.050 FM mode @ 7:30PM ( usually starts after the 2m/ ares net)

**Every Day** The NORTHWESTERN ONTARIO ARES NET , every evening at 8:15PM (local) on 80m 3.750Mhz (note the time does not change with daylight savings time.)

Any questions on these or other nets please feel free to contact me at my e-mail: [ve3mxj@rac.ca](mailto:ve3mxj@rac.ca)

**LARC OPEN ACCESS REPEATERS**

VE3YQT(Mount Baldy)147.060 (-600) Phone Patch

VE3TBR (St. Joseph's) 146.820 pl 107.2

442.075 (+5 MHz)**pl 100**

144.390 APRS

VE3UPP Upsala 145.470 (-600)



Prez sayz

Howdy all.

My first order of business this month is to pay respect and condolences to Dave VE3AVS and family on the passing of Margaret, wife, mother, and grandmother. It has been a long journey for the family and the Lakehead Amateur Radio Club would like you to know Dave, that our hearts and prayers go out to you and your family at this time.

Well, if any of you think about the old saying, "in like a lamb and out like a lion" for the month of March is true then we are still in for some tough sledding. As most of you know, we got a good dump of snow that was almost as much as our entire total so far. The Sleeping Giant Loppet has come and gone again for another year. I can tell you that if you don't think that there is enough snow, just step off any of the packed trails out there and you will quickly find yourself up to your fanny. The race had over 800 entrants and can some of the skiers boogie. Some race but the majority sign up for the fun and camaraderie on the trails. I have had the pleasure of being at Checkpoint 4 for the last couple of years and teamed up with a great bunch of volunteers. One thing for sure is that you must really enjoy being a northerner to stand in the cold for up to 6 hours and still have a ball. This year, I took a high school lad into the checkpoint to earn some of his 40 hours of volunteer work that they must obtain in order to graduate. I can assure you that Conner had a good time and learned the meaning of group effort. The tasty smokies cooked on the fire probably got the highest ranking from him. Thanks Conner for your help. Norm, ve3xrc coordinates the volunteers from the radio club and is always looking for some new people to join in the fun. So don't be afraid to offer your time to this worthy event and come and join the fun.

I would like to encourage the local hams to come out to the March meeting to see a presentation on digital comms that will be presented. Lori ve3vai will be presenting a practical and visual demonstration on the different modes that are being used. With the aid of a few of the members, we will have a number of stations set up in the room to show how messages and conversation are transmitted from station to station. Digital communications is not new, but with some of the modern advances, it has become very popular with a lot of hams around the world. If you get a chance, you can listen in on Tuesday nights after the LARC 2m/ARES net at 7pm is done. The digital net starts up in a round

table format and every week seems to add a new body to the group. FLDIGI is a free download from the internet and once installed and set up works quite well for most of the digital functions. I have even used a handheld that is tuned to 145.050 MHz simplex and created an audio link between the mike input on the laptop and the audio out of the handheld. By simply holding the two units closed together, a perfect copy of info can be decoded and printed to the computer screen. It works so well that you can actually send a picture and have it displayed on the computer screen with no errors. This is pretty cool! So if you have a computer and a radio, you can tune in and see some really interesting stuff happening in your own back yard and not have to pay a whole lot of cash to get involved.

There is a lot to do in our hobby and only you can get your interest off the couch and get involved. You might even see or hear some of your old friends on the air that would appreciate hearing from you.

Regards

Randy VA3OJ

**Next Meeting  
March 8th**

**Lori VE3VAI  
presenting Digital  
Communications**

## ARES INFO

The following frequencies and modes have been pre-determined for suggested use of the Amateur Radio Emergency Service during a declared emergency, or a disaster declared or otherwise, occurring anywhere in Canada. These frequencies have been registered with the International Amateur Radio Union (IARU) for its listings of Canadian national emergency frequencies in IARU Region 2.

These are suggested frequencies and should not be construed as meaning that other HF frequencies may not be considered for Emcomm operations.

No Amateur Radio operator or group has exclusive ownership of any particular frequency on any band and, while common sense and courtesy logically would dictate that other Radio Amateurs should keep clear of frequencies being used for emergency or disaster operations, the affected ARES Net Control Station (NCS) must be prepared to move up or down from the pre-determined frequency, as required, in order to conduct operations. Entering into an on-air argument must be avoided.

Single Sideband			CW		Digital	
Band	Frequency	Tactical	Frequency	Tactical	Frequency	Tactical
80 M	3.675 MHz LSB	Alfa	3.535 MHz	Golf	3.596 MHz	Mike
40 M	7.135 MHz LSB	Bravo	7.035 MHz	Hotel	7.096 MHz	November
20 M	14.135 MHz USB	Charlie	14.035 MHz	India	14.096 MHz	Oscar
17 M	18.135 MHz USB	Delta	18.075 MHz	Juliet	18.096 MHz	Papa
15 M	21.235 MHz USB	Echo	21.035 MHz	Kilo	21.096 MHz	Quebec
10 M	28.235 MHz USB	Foxtrot	28.035 MHz	Lima	28.096 MHz	Romeo

The frequencies may also be used during a local ARES exercise or for RAC/ARRL Simulated Emergency Test (SET) operations held annually each Fall, provided such operations do not interfere with those of higher priority.

Each frequency has been given a tactical designation to facilitate quick change to another pre-determined frequency and/or mode by simply indicating the designation. Use of the tactical designations, while optional, is encouraged.

In all cases, these frequencies must be considered as being "plus or minus" to allow for QRM or other conditions impeding useful communications.

Should two or more ARES units wish to use a frequency at the same time for a simulated emergency exercise, consideration should be given to making the exercise "joint" and to work together. Failing that, the frequency should go to the ARES group that first began operations there. Of course, if a real emergency should occur during the exercise and the frequency is required, the unit conducting the exercise is expected to cease transmissions immediately, relinquish the frequency and stand by in case assistance is requested.

Comments and suggestions concerning this list may be submitted, or for further information, please contact the National Emergency Co-ordinator or the Vice-President Field Services .

Thanks

Brad VE3MXJ CEC

E.C. for the THUNDER BAY ARES GROUP

**March. HI-Q Journal of the Lakehead Amateur Radio Club 2012**  
**North East Ontario Regional Directors Report for March, 2012**



Hopefully by now you will have seen the bulletins on restructuring being done in the Ontario ARES Field Organization. If you want more information please check out the RAC web pages and look for recent bulletins on the main page. Between reading the bulletin and our committee's final report you can probably see why we needed to change our field organization and the logic for coming up with the solution we did.

All this talk about EMCOMM's has gotten me thinking about Amateurs providing communications in the event we are needed. All professional First Responders and many Volunteer Organisations require their volunteers to have taken and passed the Incident Management System (IMS) course, IMS 100. This course was brought about after major fires in California years ago. There was confusion between various organizations regarding who was in charge, how do they communicate with each other and the logistics of getting resources, both people and hardware to the right place at the right time to name but a few.

As a result an IMS protocol was developed so that when various organizations respond to an incident the chain of command, response protocol and infrastructure is consistent. If responders are required from different jurisdictions they also are operating from the same play book. This is obviously a very simplified description of how it works but should give you an idea of what it is all about.

So what does this have to do with me as an Amateur? I am now hearing that the day may be close when anyone responding to an incident and does not have training in INS will not be allowed to help. This would include volunteers such as us.

The training is available from Emergency Management Ontario online and is free. Once you read through the instruction manual you can take the open book test online and when you pass you print out your certificate. You should be able to complete the entire course in 4 to 5 hours. Here is a link to EMO web site to get you going and I encourage you to check out the entire site as there is a lot of good information there.  
<http://www.emergencymanagementontario.ca/english/training/ims100/ims100.html>

I am hoping and encouraging all RAC ARES members across Ontario to obtain this certification. It shows our commitment to being current and professional in our approach to EMCOMM's.

I am still looking for a Deputy Director for the North East Region. Next time I will outline the duties of the position. Give it a thought.

Rita and I are taking a little sabbatical for a while and will be visiting family. I will have email but it could be sporadic at times so please be patient if it takes a while for me to reply.

Finally I would like to thank all of you who joined or rejoined RAC in the last month at whatever level you chose. Thanks.

If you have any questions or concerns please email me at [ve3xt@rac.ca](mailto:ve3xt@rac.ca).

Bill VE3XT  
North East Ontario Regional Director  
Radio Amateurs of Canada

## **March.      HI-Q Journal of the Lakehead Amateur Radio Club      2012**

Lakehead Amateur Radio Club  
Meeting Minutes  
Date: February 09, 2012

Meeting called to order at 7:36 PM  
presiding President R. Gottfred

1. Treasurer's Report: Paul Curtin VA3PDC

A motion to accept the treasurer's report was made by Paul Curtin VA3PDC and seconded by Brad Harrison VE3MXJ. The motion passed unanimously.

2. Meeting Minutes: Jeff Cederwall VE3JTD

A motion was made to accept the meeting minutes was made by Jeff Cederwall VE3JTD and was seconded by Fred Lesnick VE3FAL. The motion passed unanimously.

3. Public Service: Norm Bell VE3XRC on the sibley ski tour More operators are still needed for March 03, 2012. it is also reported that the restaurant at Pass Lake may be closed.

4. CANWARN: John Sacek VE3JMS

John was unable to attend. He sent an email sending his regrets and stated that there was nothing to report.

5 Repeater News:

A Upsala: Up and running

6. RAC Report: Bill Unger VE3XT

Bill asks that "If you die, please have your name removed from the Industry Canada database" as Industry Canada is no longer updating the database.

7. ARES: Brad Harris VE3MXJ

New systems for ARES, there are now 4 section managers in Ontario; North, South, East, and GTA.

ARES encourages participation in the weekly nets.

The net schedule will be published in Hi Q.

Brad would also like to remind everyone that there is now a digital round table net taking place after the Tuesday net. PSK-31 on 145.050

8. FYBO: Good all-around thanks to the 55 plus center for hosting and to Bill Unger VE3XT for the food.

9. Hi Q:

After a discussion on the subject of whether Hi Q should be made available to the general public or to be kept as a members only publication. A motion was brought to the floor by Doug McCormack VE3EFC stating that "Hi Q be made available free to the world". This motion was seconded by Terry Stewardson VE3LU. Bill Unger VE3XT requested that a recorded vote be taken.

After completing a paper vote and confirming the eligibility of each voter the motion passed with 14 votes for and 12 votes opposing.

10. New Business:

11. Guest Speaker: Lori Bedford VE3VAI

Meeting adjourned at 9 P.M.

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### **A Note from LOWRA**

A special LOWRA (Lake of the Woods Repeater Association) club meeting was held at the Patch Restaurant in Warroad on February 11th at 9 a.m., to discuss solutions for the interference problem with the 147.000-repeater in Roosevelt. The repeater has been keying up very often over the last month or so. I (Art) thought it was a receiver problem, so I built a complete new repeater and scrapped out the old radio. The problem did not change; the repeater continued to key up all the time. There were only a couple things we could do to keep the repeater on line and useful. The only viable choice from my perspective was to enable the sub-audible (CTCSS) tone squelch on the receiver.

We all had breakfast, then voted on the choices for the 147.000- repeater. It was decided to enable the tone squelch of 123.0 Hz. The vote was 100% for enabling the CTCSS tone, this making the repeater closed. I will reprogram the Voice ID to indicate the tone frequency so people from outside the area will know what the tone frequency is.



## These are Some of My Favourite Things.

Don't worry I am not turning into Julie Andrews and I am certainly not going to burst into song.

Recently I was listening to CBC Radio and one program touched on all of my favourite things, CBC, Binary and Morse Code. The program is called Spark and is hosted by Nora Young and it looks at your digital world. At one point I worked for the CBC as a Transmitter Tech, I taught Binary during my time at Confederation College and I'm a died in the wool CW op. So when I heard the program teaser talking of all of the above I had to tune in.

The program started off asking what do Charles Dickens, an 18th century Chinese Emperor, the space race, Sanskrit, knitting and Morse have in common? Obviously the answer is binary. Nora interviewed mathematician and technology historian Kristine Haring who is doing a study on the history of Binary. Most of us think Binary is a new idea but in fact goes back to the ancient Greeks.

The program starts off with a Binary Math lesson that is very good at explaining the basics of the Binary system. Christine then gives many examples of how Binary has been used over the centuries, from the Jesuits trying to convert the Chinese Emperor to Christianity in the 1700's to today with the zipper manufacturer YYK embedding binary patterns in their zippers.

There is a description of how Christine knits binary. She uses a knit stitch to represent a dit and a pearl to represent a dah. Could there be a niche market out there for knitters to make personalised Morse cardigans?

If I have peeked your interest I am including the link to the Spark website where you can hear the entire program. Its 25 minutes of really interesting listening. You want to listen to Spark 172. Also read the comments and especially the one showing how to knit Morse.

<http://www.cbc.ca/spark/>

And finally remember, "There are only 10 kinds of people, those who understand Binary and those who don't". Listen and you will be one of those who do.

Bill VE3XT

Ed Sez

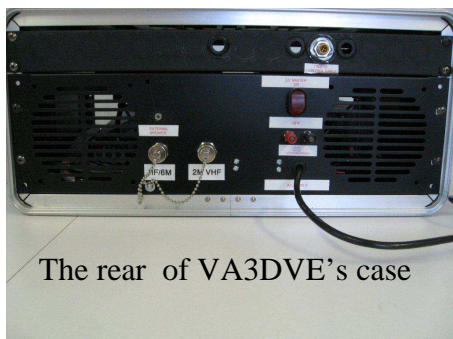
Just received a note from club member Dave Horne VA3DVE, who travels northern Ontario extensively for Hydro One. He has bundled up and cased his ham gear and thought we would like a look. Great job Dave!



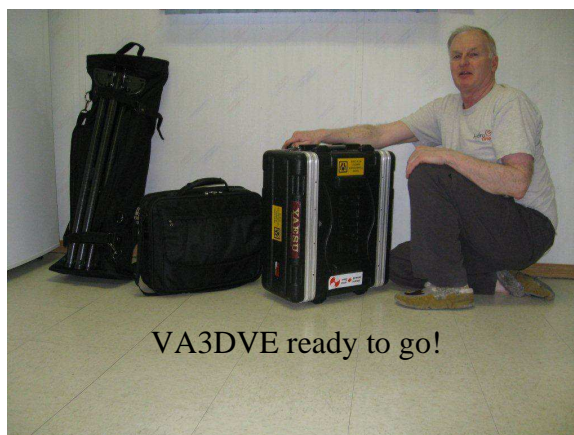
FT857D + LDG YT100 tuner, 30 amp power supply and controller for the transworld adventurer antenna in a gator case



Dave says that the antenna covers 10 12 15 17 and 20 meters and will tune up on 6 as well



The rear of VA3DVE's case



VA3DVE ready to go!

## Lakehead Amateur Radio Club

## February Treasurers Report

Balance February 01 2012 **\$317.05**

Income

Dues collected January meeting \$35.00  
 50/50 Draw January \$7.00  
 Dues collected February meeting \$115.00  
 50/50 Draw February \$6.50  
 Hat Sale \$30.00

Total Income **\$193.50**

Expenses

Feb 08 Con College -Room rental \$132.21  
 Feb 10 YQT telephone \$47.96  
 Feb 10 Cell phone \$0.57  
 Feb 29 Service charges \$1.50

Total Expenses **\$182.24**

Balance February 29 2012 **\$328.31**

Trailer Account		
	Previous Balance	\$783.81
<u>Income</u>		
February 29 2012	Interest	\$0.06
<u>Expenses</u>		
	Nil	
Balance in Trailer Account		\$783.87

Term Account

Balance February 01 2012 **\$3,014.58**  
 Interest February 07 2012 **\$0.99**  
 Balance February 29 2012 **3015.<sup>57</sup>**

Paul Curtin  
 VA3 PDC  
 Treasurer



**March. HI-Q Journal of the Lakehead Amateur Radio Club 2012**

Some photos of the 2012 FYBO courtesy of Judy VA3EAP mcats@tbaytel.net . Drop her a line and tell her how you liked the pics!



Chef Bill



Doug VE3EFC's small loop antenna



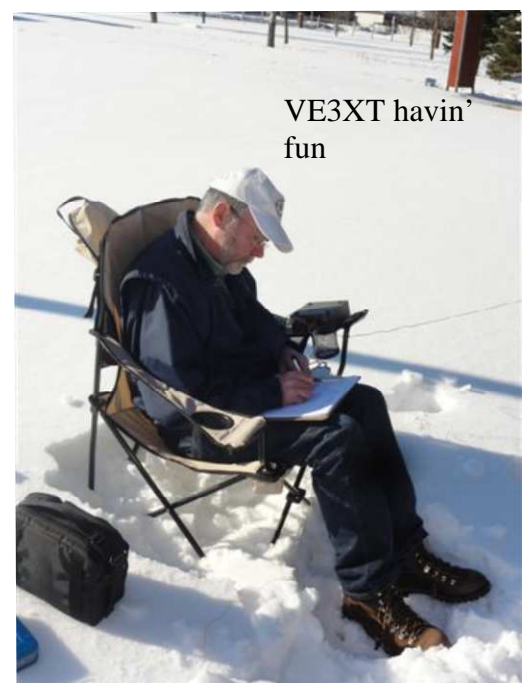
VA3OJ staying warm at SAO



Doug operating



Is it fun yet?



VE3XT havin' fun



See you at  
**FYBO 2013**

# March 2012

<b>Mon</b> SATERN NET on VE3TBR	<b>Tue</b> 2M/ LARC ARES NET on VE3YQT	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b> AMETHYST ARES VHF NET, on VE3TBR
The NORTH- WESTERN ONTARIO ARES NET daily 3.750 Mhz			1 Coffee at Boston on Arthur every Thursday	2	3	4
5	6	7	8 LARC Meeting at Confedera- tion Collete	9	10	11
12	13	14	15	16	17	18
19	20 Vernal Equi- nox 1:14 A.M. (EDT)	21	22	23	24	25
26	27	28	29	30	31	SATERN DIGITAL NETS on <b>Monday &amp; Wednesday</b> nights